

## Carol Coles

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**From:** Carol Coles  
**Sent:** Wednesday, February 29, 2012 4:01 PM  
**To:** \*everyone; \_Council Members; Andy Rieger; Eddie Sims; Jane Cannon; Joy Hampton; Norman News; Oklahoma Daily; OU Nightly  
**Subject:** Zumba Dance Class

City of Norman  
201 West Gray  
Norman, Oklahoma 73069

Press Release

For Immediate Release

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The Norman Parks and Recreation Department is proud to present Zumba Dance class at the Whittier Recreation Center located at 2000 W. Brooks. These classes will take place every Monday, Wednesday and Friday nights at 6:00 p.m. The first class is FREE!!! Following classes cost \$5 per class or \$20 for 5 classes.

Zumba is a fusion of Latin music and dance themes that create a dynamic, exciting fitness system. The routines feature an aerobic/fitness interval training with a combination of fast and slow rhythms that sculpt the body. A workout designed for everyone!

For more information and to sign up for Zumba please call the Whittier Recreation Center at 292-9703.